

Cream of Vegetable Soup

Meal Components: Vegetable

Soups & Stews, H-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	1. In a heavy pot, melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*Fresh onions, chopped	3 ½ oz	¾ cup 2 Tbsp	7 oz	1 ¼ cups	
OR		OR		OR	
Dehydrated onions		¼ cup 1 Tbsp		½ cup 2 Tbsp	2. Blend in flour and cook over medium heat, stirring constantly until light brown, about 5 minutes.
*Fresh celery, chopped (optional)	2 oz	½ cup	4 oz	1 cup	
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	3. Blend in flour and cook over medium heat, stirring constantly until light brown, about 5 minutes.
Instant nonfat dry milk, reconstituted		2 cups		1 qt	
					4. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until

Chicken stock, non-MSG	1 qt 2 ¼ cups	3 qt 2 ½ cups	
Ground black or white pepper	¼ tsp	½ tsp	
Dried basil (optional)	¾ tsp	1 ½ tsp	
Dried parsley (optional)	1 Tbsp	2 Tbsp	
Granulated garlic	¾ tsp	1 ½ tsp	
Canned mixed vegetables, drained 2 lb 7 oz	1 qt 2 ¾ cups (2 No. 4 lb 14 oz 2-½ cans)	3 qt 1 ½ cups (4 No. 2-½ cans)	<p>5. Add vegetables. Cook over medium heat, until heated through, about 5-10 minutes. CCP: Heat to 165°F or higher.</p> <p>6. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).</p>

Notes

* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	4 oz	8 oz
Celery (optional)	3 oz	6 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 6 lb 13 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 13 lb 10 oz	50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	80	Saturated Fat	1 g	Iron	1 mg
Protein	2 g	Cholesterol		Calcium	38 mg
Carbohydrate	9 g	Vitamin A	5326 IU	Sodium	135 mg
Total Fat	4 g	Vitamin C	3 mg	Dietary Fiber	2 g